

KEOKUK COMMUNITY SCHOOL DISTRICT

September 2017

Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BBQ Pork on Bun Baked Beans Sweet Potato Fries Fresh Fruit Milk 1
No School Labor Day 4 Milk	Chicken Patty on Bun French Fries Baked Beans Strawberries 5 Milk	Pizza Romaine/Ranch Cherry Tomatoes Peaches Whole Fruit Sherbet 5 Milk	Waffle w/Syrup Sausage Patty Egg Patty Hashbrown Fresh Orange Apple Juice 6 Milk	Chili Cheese Fresh Baby Carrots Applesauce Cup Cinnamon Roll Dried Fruit 8 Milk
Walking Taco Romaine Lettuce Salsa Cheese Beans Dried Fruit Churro 11 Milk	Chicken Patty on Bun French Fries Peas Mixed Fruit 12 Milk	Hotdog on Bun Sweet Potato Crosstrax Fresh Carrots Fruit Crisp Applesauce 13 Milk	Salisbury Steak Mashed Potatoes/Gravy Broccoli Peaches 2 Slices WGR Bread 14 Milk	Chicken Strips Triangle Potatoes Cherry Tomatoes Pineapple Cookie 15 Milk
Cheeseburger on Bun Baked Beans Coleslaw Fruit Crisp Raisins 18 Milk	Pancakes w/Syrup Hashbrown Potato Sausage Patty Egg Patty Apple Juice Fresh Orange 19 Milk	Pork Fritter on Bun Sweet Potato Fries Carrots Mixed Fruit Cookie 20 Milk	Pasta w/Meat Sauce Romaine/French Breadstick Banana Peaches 21 Milk	Chicken Fajita Wrap Cheese Romaine Lettuce Black Beans Salsa Baked Chips Cookie Applesauce Cup 22 Milk
Beef Walking Taco Cheese Beans Romaine Lettuce Salsa Peaches Churro 25 Milk	Chicken & Noodles Mashed Potatoes Whole Kernel Corn Mandarin Oranges Dinner Roll 26 Milk	Inservice No School 27 Milk	Chicken Nuggets Mashed Potatoes/Gravy Carrots Applesauce Dinner Roll 28 Milk	Pizza Romaine/French Fresh Baby Carrots Pears Whole Fruit Sherbet 29 Milk

Alternative Line*

Monday: Stuffed Crust Pepperoni Pizza
 Tuesday: Chicken Patty/Bun, Fries
 Wednesday: Spicy Chicken Patty/Bun, Fries
 Thursday: Buffalo Chicken/Flatbread, Fries
 Friday: Spicy Chicken Patty, Fries

* All alternative meals served with Romaine Salad with carrots and tomatoes, an orange, 1/2 cup fruit, and your choice of skim white or skim chocolate milk.

USDA is an equal opportunity provider and employer.